

**Mountaineer**

**Women in Glass Houses... Spot Fires**

CONWAY, N.H.—Living in a glass house atop 3330-foot Middle Sister peak is Miss Elizabeth Sampson, one of the US Forest Service's first woman fire guards.

She lives alone in a wood framed, glass enclosed tower room, where she will stay for seven months, in a Chocorus mountain region lashed by high winds and lightning and with bears and wildcats abounding. She carries her own provisions on her back 3.2 miles up a trail from the foot of the mountain. She cuts her own firewood.

Shortage of manpower caused the forest service to begin training women for this job of spotting fires, and Miss Sampson says it's more thrilling than any other woman's role in the war effort that she's heard about.

Her home was in the Massachusetts shipbuilding city of Quincy before she and four other women completed a course given by the forest service in an abandoned CCC camp near Bethlehem, N.H. She learned how to locate fires with a sighting device, how to repair telephone lines, how to operate a two-way radio, how to combat blazes herself with portable pumps if necessary.

About three weeks ago, she waded through deep snow, escorted by a ranger, to take up her station. The tower is anchored with four big cables on the bare ledge of a mountain top where wind velocity several times a year exceeds 100 miles an hour; where lightning plays so violently that even her bed-springs have a ground wire.

Miss Sampson says she is unafraid; that the air is "lovely," the above-the-clouds view spectacular; that the wild animals won't molest her if she doesn't bother them.

She keeps busy, beginning her day with an observation for tell-tale smoke in the complete circle which her tower centers, and reporting by telephone to the ranger office at Conway, 16 miles away.

The nearest store is also in Conway, about 13 miles from the base of Middle Sister peak. Food and other provisions are delivered to the foot of the mountain. From there she must carry them up after waiting for a day when rain has so drenched the woodlands that the operations center considers it safe for her to leave her post.

Keeping the trail open is her job, too, and she carries water in a four-gallon can from a spring a quarter-mile away.

On the path to the spring she has seen bear tracks, but, says

Miss Sampson, bruin was simply curious.

Normally, she finishes her work by dark, and is in bed by nightfall. She isn't permitted to have curtains in the glass enclosed room, and she likes the moonlight shining through. Now that it's war-time, the only illumination permitted is an old fashioned kerosene lamp.

**Cleanliness Still Unrationed**

The war food administration reports that there is no intention of rationing soap. The supply situation does not seem to warrant any such measure. While it may not always be possible to purchase a particular brand of soap, it seems sure that we will be able to purchase some kind of soap.

In order to insure this, the government is releasing large quantities of fats and oils from reserves, and is planning to provide for most efficient use of these fats by a larger use of domestic materials. This action should bring about an increase of 10 per cent in soap production. Tell consumers to buy no more soap than is actually needed, and to continue salvaging every drop of fat from the kitchen.

**RATION CALENDAR**  
FOOD  
Meat, cheese, canned fish and edible fats—Red stamps P and Q valid through July 31.  
Sugar—Coupon No. 13 expires August 15, good for 5 pounds. Nos. 15 and 16 valid for 5 pounds each canning sugar. Apply to ration board for additional ration if needed.  
Coffee—No. 21 in book 1 good for 1 pound through July 21.  
SHOES  
Stamp No. 18, book one, valid through October 31.  
GASOLINE  
Book A coupons No. 6 good for four gallons each, expire July 31.  
FUEL OIL  
Period 5 coupons expire September 1.

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**Pointers on Points**

The new point value lists of rationed foods, announced Friday, are a combination of good and bad news for consumers. Let's consider the red stamp foods first. It's good news that margarine and lard are reduced one point a pound, and that processed butter is listed for the first time at four points a pound, against eight points for regular butter.

Then there's cheese, which fits into summertime meals so well. Both group two and group three show a reduction of one point a pound. That means we'll give only two points per pound instead of three, for cream, Neufchatel, and creamed cottage cheese. All other rationed cheese, except cheddar, are now five points instead of six. Cheddar remains at eight points.

Canned fish is up four points, and is listed at 12 points a pound, except oysters, they're up to five points, instead of three. More fresh fish is available during the summer, however, so this should not be a real hardship.

**Beef Up One Point**  
Most beef cuts are up one point. Only two were advanced two points. OPA states that the civilian supply picture for July leaves no alternative but to discourage beef consumption even further by these increases. They point out that the amount available for civilians during July is estimated at about 8 or 9 per cent under June which had a supply running fully 10 per cent under original estimates. They

state further that beef production has been subjected to severe dislocations. The total cattle on hand are now at a record high, but the number of live cattle coming into the markets has declined sharply.

Pork supplies during July are expected to be much larger than beef. The consumption of pork is being encouraged through the continuation of relatively low point values on many cuts.

**Less Points for Canned or Bottled Vegetables**  
Now for the blue stamp foods—the processed foods. Seventeen changes are announced on the new list, also effective July 4. Twelve increases and five decreases will be noted. The reductions all are in the canned or bottled vegetables, namely: fresh shelled beans, green or wax beans, tomato pulp or puree, tomato sauces containing over 5 per cent dry tomato solids, and tomato sauce in combination packages with cheese.

Seven vegetable items and five fruits are advanced, namely: apples, apricots, fruit cocktail, peaches, pears, fresh lima beans, vacuum-packed whole kernel corn, and other canned corn, peas, tomatoes, tomato catsup or chili sauce and tomato paste. There's a change downward in the value of one container size in the vegetable and fruit juice classification. The weight bracket "over seven ounces, including ten ounces" is reduced in value from two points to one. This applies to all items in the juice classification except pineapple juice. This container size has been lagging behind others in the movement consumers' pantries. Fresh Food Conservation

**Important News**

It is necessary during this period, when new packs are being canned, to conserve part of the new pack for future months when fewer fresh vegetables and fruits are available. Considering the victory garden production, and increased commercial supplies, these point value changes should not work a hardship on anybody.

**It's No Fish Tale We'll Have Tuna**

As you have doubtless heard, there's to be more canned tuna for civilian consumers from now on. The war food administration has announced that the entire production of canned tuna and tuna-like fishes packed after June 27 will be available for

civilian consumption, which means an increase of about 25,000,000 pounds from the 1943 pack for the folks at home. Under food distribution order No. 45, 90 per cent of the canned tuna, Bonito and Yellowtail was reserved. No change has been made in the government reservations of other leading varieties of canned fish, such as salmon, sardines, mackerel and shrimp.

**Grangers News**

MACLEAY—A patriotic program with all members contributing was put on at the July grange meeting during the roll call. Mrs. J. F. C. Tekenburg and Mrs. Clarence Johnson also gave readings. Lunch was served by the Home Economics club.

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- Salad Dressing Over the Top, qts. **39¢**
- Horseradish Mustard Nalley's, 9-oz. jar **10¢**
- Durkee Worcestershire Sauce 5-oz. bottle **15¢**
- Ripe Olives Dundee Large Pts. **25¢**
- H&D Pimientos 2½-oz. glass **10¢**
- Maraschino Cherries 5-oz. bottle **15¢**
- Fisher's Pancake Flour 10-lb. sack **59¢**

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